



Checking the blood pressure here just may save your leg.  
And your life.

**V**ascular disease is a life-threatening problem. That's why Sentara is offering several *Legs for Life* screenings. This quick blood pressure check on your ankle can detect restricted blood flow. The sooner it's discovered, the easier it is to treat. You can also speak with a nurse about vascular disease and pick up valuable information. If you're over 50, or you have diabetes, obesity, high blood pressure, a sedentary lifestyle, are a smoker or have a family history of heart disease, please register for this free event. It's a step that may save your life.

#### Free *Legs for Life* Vascular Screenings

*Oct. 29: Senior Center of York, George Washington Shopping Center, 5314 George Washington Memorial Hwy., Grafton*

*Nov. 12: Poquoson Recreation Center, Municipal Building, 830 Poquoson Avenue, Poquoson*

*Time: 4:00-8:00 p.m. at all locations.*

Please call 1-800-SENTARA to register in advance.



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[www.sentara.com/vascular](http://www.sentara.com/vascular)